



9411 Whiskey Bottom Road
Laurel MD 20723
(410) 313 - 0380
Fax: (240) 568-3030

Email: nlaurel50@howard-countymd.gov

50+Center Hours

Monday - Friday
8:30 am - 4:30 pm

On the Web at
howardcountymd.gov/aging or
howardcountymd.gov/northlaurel50

INSIDE THIS ISSUE:

Registration/Nutrition	2
Social Programs/LL Learning	3
Exercise Classes/Fitness	4 - 5
The Arts at North Laurel	6
Monthly Special Events	6-7
Monthly Calendar	8
Menu & Nutrition Notes	Insert

**North Laurel Connections &
50+ are closed**
Monday, September 3rd
Monday, October 8th
Friday, October 19

WANT THE NEWSLETTER VIA E-MAIL?
**Complete a Postcard at the
50+ Front Desk**

NORTH LAUREL 50+ CENTER ACTIVITIES & PROGRAMS

Building Momentum for Healthy Aging

September is National Senior Center month. Take time with opportunities to grow, learn, give and connect at the North Laurel 50+ Center this month and throughout the year.

Special September offerings include:

- Estate Planning and Financial Forum Seminar
- Let's Open Up! - A Conflict Awareness Workshop
- Hand Building Class: Textured Tray

In October, North Laurel will host informational sessions on:

- SHIPS's Medicare 101 and Medicare 102
- "Prevention and Treatment of Low Back Injuries" Physical Therapy Seminar
- Breast Health Awareness and Depression Awareness Days

Don't miss the 20th annual 50+ EXPO on Friday, October 19th at Wilde Lake High School; this year's theme is "Future Planning."

Stop by and enjoy all the Center has to offer -

Trisha, Michelle, Carmen & Cheryl

CENTER HIGHLIGHTS

Jazz Brunch

Wednesday, September 26

11 am

Fall Harvest Celebration

Friday, October 12

11 am

REGISTRATION

50+ Center Membership is free and is a quick application process. Membership is required to attend or register for any class, program or activity.

Registering for classes and programs is easy. Sign-up at the 50+ Center's Front Desk which is open from 8:30 am until 4 pm Monday through Friday. Payments can be made via cash, credit card or a check made payable to **Howard County Director of Finance**.

Class information is available in this monthly newsletter, on the web at www.howardcountymd.gov/50pluscenters and at <http://apm.activecommunities.com/howardcounty>.

We recognize that there are times when a member may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed sessions. Additional fees may be assessed to recover any costs associated with the program.



Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

NUTRITION AT NORTH LAUREL

Daily Lunch Program

12 noon

Lunch is served Monday through Friday, unless otherwise noted. To join us for lunch, sign-up in the lunch binder in advance. If you need to cancel your lunch, please call 410-313-0380.

Meals are available to persons age 60 and older. The cost is \$4.36 for a regular or deli meal, \$4.87 for a box or deli meal with soup and \$5.79 for a special meal. Persons age 60+ are requested to contribute towards the cost and those under 60 years of age pay the full cost of the meal.

The monthly menu is available at the 50+ Center Front Desk

Healthy Tastings: Nutrition Education

Tuesdays, Sept 18 & Oct 16 10:30 am

Join the 50+'s Nutrition Program Specialist to explore healthy foods through this interactive presentation. Get information on food trends and nutritional value and learn new recipes and healthy choices. Visit the bulletin board outside the kitchen for the monthly topic.

Visit the 50+ Front Desk for the latest schedule

One-on-One Nutrition Education

Tuesday, September 18 9:30 am to 12 pm

Monday, October 29 9:30 am to 12 pm

Schedule an individual appointment with a Registered Dietician and improve your health and quality of life through nutrition counseling. Sign up at the 50+ Front Desk for a 30 minute session or 1 hour for diabetics.

If you need accommodations to attend North Laurel events or if you need this document in an alternative format, contact the 50+ Center at 410-313-0380. People who have a hearing or speech disability, please contact us through Maryland Relay by calling 7-1-1.

SOCIAL PROGRAMS

LIFELONG LEARNING

Birthday Bash

Tuesday, Sept 25 & Oct 30 12 noon
Celebrate your birthday with a free lunch and cake. Sign-up in the lunch binder to reserve your spot by 9/29 & 10/24.

Sponsored by the North Laurel Senior Council

50+ Acoustic Jam Session

1st Tuesdays 1 pm to 3 pm
Meet up with local music enthusiasts to share and play; bring your instrument of choice. All talents are welcome.

Rack 'Em Up Pool Party

Thurs, Sept 6 & Oct 4 12:30 pm to 2:30 pm
Friendly competition at the pool tables in Rocky Gorge. All players welcome.

Sponsored by the North Laurel Senior Council

Matinee Movie

Thursday, September 20 1 pm to 3 pm

Molly's Game

Thursday, October 18 1 pm to 3 pm

Book Club

Free viewing with snacks & popcorn for sale. Sign-up in the Matinee Movie binder.

Sponsored by the North Laurel Senior Council

Game Day

Every Thursday 1 pm to 3 pm
Challenge your mind in this interactive arena. Bring your own games to share or choose from ones at the Center.

Sit, Stitch 'n Give

Fridays 11 am to 3 pm
Gather to socialize and stitch projects for personal use or community giving.

Let's Chat:

Practice Speaking & Listening in English

Tuesdays 1 pm to 3 pm

No Class 10/16

Improve your English speaking skills in this conversation group designed to give adult English language learners an opportunity to practice in a casual atmosphere; facilitated by an instructor. Sign-up at the 50+ Front Desk and drop-ins are welcome.

Officer Lingham

Friday, September 21 10:30 am
Wednesday, October 10 * 10:30 am

Visit with HCPD Officer Andre Lingham for tips on protecting yourself and your home.

*See page 7 for more on Officer Lingham's October program.

Talkin' Broadway Series

Monday, September 24 1 pm to 2 pm

The Great Broadway Divas & their musicals

Monday, October 15 1 pm to 2 pm

More Great Broadway Divas & their musicals

Follow the evolution of Broadway's rich history through discussion and live songs led by Broadway historian, Steve Friedman.

News Talk: A Current Events Group

Thursdays 10 am to 11:30 am

A lively discussion group focusing on current news locally, nationally and globally.

Class schedules are subject to change

Please confirm latest dates with staff

Sign - up for programs at 50+ Front Desk

EXERCISE CLASSES

Current Class Schedules are available at 50+ Front Desk

Age Well Exercise

Tuesdays & Thursdays, 10 am to 11 am

Cost: \$23 for 8 classes

Learn basic cardio combinations, burn calories, increase endurance and build lean muscle tone and bone density.

Instructor: Leah Daniels.

Ballroom Dance

Tuesdays, 1:30 pm to 2:30 pm

Cost: \$52 for 6 sessions

Learn basic steps to a variety of fun and versatile dance styles. All levels welcome.

Instructor: Steve Ferrara.

Building Balance

Tuesdays & Thursdays, 11:15 am to 12:15 pm

Cost: \$ 48 for 8 sessions

Light cardio and muscle strengthening exercises to improve posture and build hand-eye coordination for better balance.

Instructor: Leah Daniels.

Mat Pilates

Wed & Friday, 11:15 am to 12:05 pm

Cost: \$46 for 8 sessions

Build flexibility, lean muscle, strength and endurance with emphasis on breathing to relieve stress and develop a strong core.

Instructor: Maggie Lockhart.

Mindful Mondays

Mondays, 9 am to 9:45 am

Cost: \$35 for 6 sessions

This fusion class combines gentle, guided meditation with light yoga stretches to incorporate mindfulness into your daily life.

Instructor: Connie Bowman.

Total Toning

Fridays, 9:30 am to 10:15 am

Cost: \$42 for 6 sessions

An all-over workout of targeted areas that focuses on developing flexibility, balance, core strength and stamina.

Instructor: Leah Daniels.

Chair Yoga

Mondays, 10 am to 10:50 am

Cost: \$52 for 8 classes

Enjoy the benefits of yoga in this seated exercise designed to reduce stress and increase range of motion, strength and muscle tone.

Instructor: Lisa Rados, RYT.

Gentle Yoga

Mondays, 11 am to 12:15 pm

Cost: \$56 for 8 classes

Learn proper posture and breath work while strengthening your body and relieving stress.

Instructor: Lisa Rados, RYT.

Zumba Gold

Wednesdays, 9:30 am to 10:30 am

Cost: \$54 for 8 sessions

A fun, Latin - inspired workout designed for the active older adult, incorporating Zumba's contagious rhythms at a lower intensity.

Instructor: Roxanne Hartman.

**Class schedules are subject to change
Please confirm latest dates with staff**

Sign - up for programs at 50+ Front Desk

EXERCISE AND FITNESS

Line Dance Drop-In

Tuesdays 11:15 am to 12:45 pm

Cost: \$1/day drop-in fee

Learn today's popular step sequences in these fun weekly sessions. First half of class is basic and beginner refresher steps and the second half is more advanced sequences. Line dancing led by Linda Pohland.

Walking Club

Monday - Friday 8 am

The Walking Club meets five days a week for a brisk walk around the indoor track-12 laps equals one mile. A safe & weatherproof way to stay fit! Cards are at the Front Desk to record distance & time to track your "tracks."



Massage Therapy

Wednesdays & Fridays 10 am to 1 pm

No Massage Friday, October 19

Experience the relaxing benefits of massage therapy to help relieve the stress in your life. Services provided in the Health Room by Ellen Consoli, LMT.

\$22 for 15 minutes - \$32 for 25 minutes

\$52 for 50 minutes

Make an appointment at the 50+ Front Desk

Go 50+ Fitness Center @ North Laurel

Monday to Saturday 8 am to 9 pm

Closed most Mondays & Wednesdays from 12:30 pm to 2:00 pm

Sunday 9 am to 6 pm

The Fitness Center is an affordable and fun way to work out especially with the GO 50+ Fitness Package. Offered in collaboration with Howard County Recreation and Parks, the Go 50+ Fitness Pass is available for purchase by any Howard County 50+ Center member. With access to five fitness locations throughout Howard County, the cost is \$75 per year for Howard County residents, \$100 for non-residents or for a \$5 drop-in fee. It includes unlimited use of the Center's fitness equipment room.

Visit the 50+ Front Desk for more information

Exercise Counseling & Guidance

ON HIATUS AT THIS TIME

Through an individual appointment with an exercise specialist, members receive a free consultation on an array of exercise related topics including:

- Jumpstarting an Exercise Routine
- Selecting the Right Program for You
- Working Out at Home
- Orientation to the Fitness Center
(Go 50+ Fitness Pass required)

Make an appointment at the 50+ Front Desk

Exercise Classes are subject to change. Current class schedules are available at the 50+ Front Desk. We do not prorate classes and there are no refunds for missed classes.

Fitness Class Guest Pass - New members may try out one class for free with our Fitness Class Pass. Some restrictions apply; see the 50+ Front Desk for more information.

THE ARTS AT NORTH LAUREL 50+

Music with Kay

Wednesday, Sept 5 & Oct 3 10:30 am
Sing-along to classics and favorites with the keyboard music of 50+ member, Kay Carter. Find us in the Hammond Branch Room.

Music with Al

Thurs, Sept 12 & Wed, Sept 20 11 am
Wed, Oct 17 & Tues, Oct 30 11 am
Drop-in for the musical renderings of Mr. Al Callahan, a past contestant in the Maryland Senior Idol contest. Dancing and singing along are encouraged.

Open Art Studio

Mondays & Wednesdays 1 pm to 4 pm
Drop in to work on individual projects in the Patuxent Art Studio. Please register at 50+ Front Desk.

Hand Building: Textured Trays

Tuesdays, September 4 & 18 1 pm to 4 pm
Cost: \$48 includes materials
A fun hand-building class using techniques such as pinching, coiling and slab building to create a beautifully embellished decorative dish. Sign up by 8/31.

Fused Class: Cabochons

Tuesday, October 16 1 pm to 4 pm
Cost: \$38 includes materials
Become familiar with the use of tools, materials and basic techniques for creating fused glass cabochons for unique jewelry pieces. Sign up by 10/12.

Acrylic Painting

Tuesdays, October 23 & 30 1 pm to 4 pm
Cost: \$56 includes materials

SEPTEMBER MONTHLY SPECIAL EVENTS

Park Ranger Talk: Emergency Preparedness

Wednesday, September 12 10 am
With the Center located in a park, these dedicated professionals enhance the park patron experience providing information as to park safety, resources and regulations while protecting the environment. See what you need to know to support these efforts.

Medicare Lamination Day

Thursday, September 13 10 am to 12 pm
Howard County SHIP will be on site at North Laurel to laminate your new Medicare card. Join us in the lobby.

Sponsored by Howard County SHIP 410-313-7392

Estate Planning and Financial Forum Seminar Day

Friday, September 14

Estate Planning

10 am to 11 am
In simple terms, estate planning involves planning for both what happens to your assets and affairs after your death and who takes charge in the event you lose capacity. Presented by Attorney, Andre McDonald.

Financial Forum

11:30 am to 12:30 pm
A lively and engaging Q & A about financial issues you most want to discuss. Learn some comprehensive financial management skills in a user-friendly and practical way. Presented by Financial Educator, Roy Yenoli.

MONTHLY SPECIAL EVENTS

Fall Book & Bake Sale

Friday, September 14 9 am to 12 pm
Browse for a selection of gently used books at bargain prices. Don't miss out on Fall sweet treats too!

**Sponsored by the North Laurel Senior Council
& the Book Babes.**

Jazz Brunch

Wednesday, September 26 11 am to 1 pm
Cost: \$8 includes meal and music
Join Baltimore Jazz Singer, Audrey Haskins, for the beautiful and soulful sounds of the 40's, 50's and 60's. Tickets available at the 50+ Front Desk.

Aging and Independence 101: Fall Prevention Resources

Thursday, September 27 10 am to 12 pm
A Maryland Access Point (MAP) specialist will share information on tax credits, housing, transportation, medication management, caregiver support and much more. MAP specialists are also available at 410-313-1234 or at map@howardcountymd.gov.

Physical Therapy (PT) Seminar:

Prevention & Treatment of Lower Back Injuries

Wednesday, October 10 11 am to 12 pm

Identity Theft Seminar with HCPD Officer Lingham

Wednesday, October 10 10 am to 11 am
Join Officer Lingham for the latest updates on identity theft including information on how to identify and address it. Learn more about what you can do if you are a victim and helpful tips on how on safeguarding your personal information.

Let's Open Up! A Conflict Awareness Workshop

"A workshop for anyone who would like to have more harmonious relationships"

Friday, September 28 10:30 am

- Get a better understanding of the nature of conflict
- Learn the 5 approaches to conflict and how to decide what fits best
- Learn techniques to improve and support communication
- Discover local options to help with difficult conflict situations

***Presented by the Mediation & Conflict Resolution
Center of Howard County***

Fall Harvest Celebration

Friday, October 12 11 am to 1 pm

Cost: \$3 plus lunch donation for those 60+

Enjoy a Fall craft activity, raffle, apple cider and live music by the "Just Us" band. Sign up by 10/4.

50+ EXPO @ Wilde Lake High School

Friday, October 19 9 am to 4 pm

Drop by for seminars, entertainment and screenings as well as "Map Out Your Future," the keynote address, featuring Amy Goyer, AARP's Family and Caregiving expert.

Medicare 101: What You Can Expect From Medicare

Monday, October 15 1 pm to 2:30 pm

Learn about the benefits for Medicare Part A/Hospital, Part B/Medical and Part D/Prescription Drug plans.

Medicare 102: Why Medicare Isn't Enough

Monday, October 22 1 pm to 2:30 pm

Learn about Medicare Part C Health Plans and Supplemental Policies/Medigap Plans.

Register by calling SHIP at 410-313-7389

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 North Laurel 50+ & Connections Closed for Labor Day Holiday	4 Coffee w/ Council 10 Agewell 10 Building Balance 11:15 Line Dance 11:15 Let's Chat 1 50+ Jam Session 1 Hand Building Class 1 Ballroom Dance 1:30	5 Zumba Gold 9:30 Massage 10 Music with Kay 10:30 NO PILATES Open Art Studio 1	6 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Pool Party 12:30 Open Game Day 1	7 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
10 Mindful Mondays 9 NO CHAIR YOGA NO GENTLE YOGA Open Art Studio 1	11 Agewell 10 Line Dance 11:15 NL Council Meeting 1 Ballroom Dance 1:30	12 Zumba Gold 9:30 Massage 10 Park Ranger 10 Music with Al 11 Pilates 11:15 Open Art Studio 1	13 Agewell 10 News Talk 10 Medicare Lamination Event 10 to 12 Building Balance 11:15 Open Games Day 1	14 Fall Book & Bake Sale 9 Total Toning 9:30 Massage 10 Estate Planning 10 Financial Forum 11:30 Sit, Stitch 'n Give 11 Pilates 11:15
17 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	18 One-on-One Nutrition Educ 9:30 Agewell 10 Healthy Tastings 10:30 Building Balance 11:15 Line Dance 11:15 Let's Chat 1 Hand Building Class 1	19 Zumba Gold 9:30 Massage 10 Pilates 11:15 Open Art Studio 1	20 S.H.I.P. 9:30/10:45 News Talk 10 Music with Al 11 Building Balance 11:15 Matinee Movie 1 Open Games Day 1	21 Total Toning 9:30 Massage 10 Ofc. Lingham 10:30 Sit, Stitch 'n Give 11 Pilates 11:15
24 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 NO LUNCH Talkin' Broadway 1 Open Art Studio 1	25 Agewell 10 Line Dance 11:15 Building Balance 11:15 Birthday Bash 12 Let's Chat 1 Ballroom Dance 1:30	26 Zumba Gold 9:30 Massage 10 Jazz Brunch 11 Pilates 11:15 Open Art Studio 1	27 Agewell 10 News Talk 10 MAP Outreach 10 Building Balance 11:15 Open Games Day 1	28 Total Toning 9:30 Conflict Awareness 10:30 Massage 10 Sit, Stitch 'n Give 11 Pilates 11:15
Oct 1 Community Cafe 10 Mindful Mondays 9 Chair Yoga 10 Gentle Yoga 11 Open Art Studio 1	2 Agewell 10 Building Balance 11:15 Line Dance 11:15 50+ Jam Session 1 Let's Chat 1 Ballroom Dance 1:30	3 Zumba Gold 9:30 Massage 10 Music with Kay 10:30 Open Art Studio 1	4 S.H.I.P. 9:30/10:45 Agewell 10 News Talk 10 Building Balance 11:15 Pool Party 12:30 Open Games Day 1	5 Total Toning 9:30 Massage 10 Sit, Stitch 'n Give 1 Pilates 11:15
Lunch is served at Noon Monday - Friday except where indicated. See Menu & Nutrition Notes				
Walking Club Monday to Friday 8 am or walk the indoor track whenever there is open gym time				